

The Impact of Recreational Activities in Learning some Basic Football Skills for Students

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1 - Getting to know the research

1-1 Introduction and research

The importance of the game of football as it occupies a popular space in the world among sports, its importance in developing special programs for the promotion and development of this game at an early date, and that one of the main things is to improve the skill aspect, which is The basis for the success of this game is because the skills in the position of performance in football, and thus the sports base has expanded, as well as the detection of talented early It is diverse and is particularly important in promoting and maintaining the basic skills of various sports. Recreational activities are one of the most important things that people tend to, and that individuals submit to them with longing and enthusiasm. The participants in it to obtain a peak of happiness and satisfaction so that they benefit from several activities , including physical health, social, cultural and artistic, according to the type of activity carried out. Hence the importance of the research and based on the foregoing, recreational activities aim at the psychological happiness that he needs Every individual, regardless of gender, color, creed, and psychological happiness is a source of a balanced life. Recreational activities have a distinct position in making life balanced between work and rest, complementary in its meaning, increase in its splendor through recreation, and become brighter and more joyful in what the effectiveness of recreational activities achieves in raising the level of skill and psychological state . By directing and treating many psychological problems for many groups of society, it is necessary to study the importance of activating the role of Recreational activities in achieving psychological happiness, which can be reflected in the learning of some basic football skills for students.

2-1 The problem of the research

as the researcher is one of the physical education teacher in the General Directorate of Education in Babylon, he found that learning through the usual methods does not lead to arousing the students' especially in the early stages, because this stage is accompanied by difficulties and the lack of time to learn the skills in the required manner Therefore, the researcher decided to know the effectiveness of recreational activities in achieving psychological happiness and the introduction of excitement and suspense among students and the extent of benefiting from them in learning some basic football skills for students For students

3-1 Objectives of the research

- 1- Preparing recreational activities, applying them and implementing them on students, University of Babylon, College of Physical Education and Sports Sciences, first stage
- 2- Recognizing the impact of the effectiveness of recreational activities in learning some basic football skills for students, University of Babylon, College of Physical Education and Sports Sciences, first stage

4 -1 Research hypotheses

- 1- There is an influence of the effectiveness of recreational activities in learning some basic football skills for students, University of Babylon, College of Physical Education and Science Sports first stage
- 2- There are differences in the effectiveness of recreational activities in learning some basic football skills for students, University of Babylon, College of Physical Education and Sports Sciences, University of Babylon

3-5 Research areas

3-5-1 Human domain: Students of Babylon University College of Physical Education and Science Sports for the academic year 2021-2022

3-1-2 Temporal domain: from (4-11-2021) until (20-2-2022)

3-5-1-6 Spatial domain: the stadium of the College of Physical Education and Sports Sciences, University of Babylon

2 Research methodology and field procedures:

1-2 Research Methodology:

The researcher followed the experimental method in the style of the control and experimental groups with a pre and post test, because it is the most appropriate method for the nature and objectives of the research.

2-2 The research community and its sample:

The research community included the students of the University of Babylon - the Faculty of Physical Education and Mathematical Sciences, first stage, 120 students divided into four Groups. The researcher excluded the Girls Division (A), leaving three Groups for the academic year 2022-2021 as shown in Table (2)

Table (2)

Shows the distribution of the research community

T	sample community	the total number	percentage
1	Division B	40	33.33%
2	Division G	40	33.33%
3	Division D	40	33.33%

2-2-1 Research Sample:

The goal of researcher sets for his work and the results he took will determine the nature of the sample he chose and the sample is that part that represents the community of origin or the model on which he conducts his entire work as the research sample included (80) students at a rate of (66.66%). out of the total number of students (120), as they were chosen randomly, and Table (2) shows the distribution of the research sample.

Table (2)

It shows the distribution of the sample members from the control and experimental group

percentage	the total number	percentage
control group	40	33.33%
experimental group	40	33.33%

experimental design

The researcher worked on designing two equal groups with pre and post tests, which fits with the objectives of the research and its field procedures, as shown in Figure No. (3)

shape (3)

Demonstrates experimental design

Comparison	post test	main experience	pretest	groups
the officer	skill tests	Approach	skill tests	Comparison between the control and experimental group
Experimental	skill tests	Researcher's approach	skill tests	

2-3 Means of collecting information, tools and devices used in the research:

Research tools mean “the ways and method by which the researcher can solve a problem, regardless of whether those tools are data or devices

- A personal computer
- Stopwatch .
- Football stadium
- Footballs
- Small goals, arcs, and figures

4-2 Homogeneity and equivalence

Table (4)

It shows the homogeneity of the two research groups (experimental and control)

Statistical means	age (year)	length (cm)	Weight (kg)	Statistical significance
Mediator	21	171,57	66,11	homogeneous
arithmetic mean	21,00	171,5	67,8	homogeneous
standard deviation	0,79	5,32	7,43	homogeneous
skew modulus	0,0-	0,039	0,682-	homogeneous

Through table (10), it was found that the values of the torsion coefficient approached the degree (zero) and did not exceed the degree (+1) or (-1), which indicates that the research sample was within the normal distribution in the variables (age, height, weight), which Reflects the homogeneity of the sample in all variables.

Second: Equality of the sample

Table (5)

It shows the equivalence between the control and experimental groups

T	Variables	experimental group		control group		Calculatedt value	Statistical significance
		S	P	S	P		
1	psychological happiness scale	45.63	14.24	49.37	15.43	1,20	insignificant
2	Rolling	21.80	3.24	19.13	2.88	1.19	insignificant
3	scroll	11.23	2.39	10,93	2,27	1,88	insignificant
4	Scoring	5.67	2.15	6.86	1.84	1,18	insignificant

Degree of freedom (n-2) = 38 and level of significance (0.05) tabular value (t) = (2,02)

2-5 Determine the basic skills in the game of football:

After knowing the researcher with the vocabulary of the curriculum of the first stage in the College of Physical Education and Sports Sciences, Babylon University, the first semester, which was prepared by the Ministry of Higher Education and Scientific Research, the researcher, in agreement with the supervisor, identified three basic skills to start the research procedures namely (rolling, passing and scoring)

2-5-1 Proficiency Tests

First: the ball rolling test in the form of a square with a distance of 6.25 m for each side

Objective of the test: Roll measurement

Method of performance: The tester stands with the ball behind the person at the starting point and when the whistle is heard, he rolls a distance of 6.25 m until he reaches the other corner along the sides of the square.

Recording method: the unit of measurement (the second and its parts).

The laboratory calculates the best travel time in the distance during two trials.

Second: The pass test (receipt and delivery) towards 3 small goals

Test name: Passing (receiving and delivering).

Test objective: measure the accuracy of passing around 3 small targets.

Description of performance: The player performing the test stands inside a square measuring 1 m and is 4m away from the assistant player who receives the ball from him and in front of him (3) balls. The second goal is 12m and the third goal is 14m, for three attempts

Recording method: unit of measure (degree)

(2) A score is calculated if it is passed to the first goal.

(4) A score is awarded if he passes to the second goal.

A score of (6) is awarded if he passes to the third goal.

It does not count if the ball goes out of the three goals.

The final score is calculated by summing up the three attempted attempts.

Third: The goal-scoring test from a distance of 9 m.

The objective of the test: to measure scoring.

Performance description: The goal of a futsal football field is divided into nine areas divided into the following:

The upper and lower corners (5) degrees, the right and left center square (3) degrees, the central part of the goalkeeper (2) degrees, and outside the goal (zero) degrees.

Method of performance: The player performing the test stands behind the starting line 1 m away and next to him 3 pillars, each person 1 m apart, and the scoring is from a distance of 9 m, and in front of (3) balls and the goalkeeper on the goal line to block vision, his role is negative due to the difficulty of the test in scoring, and when giving the signal To implement the player runs between the poles and then kicks the ball placed on the starting line to the goal and for the three attempts after placing the ball in its place by the work team and thus the player completes (3) attempts

Recording method: unit of measure (degree)

A player is awarded 5 degrees if the ball enters the upper right corner and 5 degrees if the ball enters the upper left corner.

A player is awarded 5 degrees if the ball enters the lower right corner and 5 degrees if the ball enters the lower left corner.

A player is awarded a score of 3 if the ball enters the right middle side, and a score of 3 if the ball enters the left middle side.

A score of 2 is awarded if the ball touches the goalkeeper.

No score is given to the playe

The final score is calculated by summing the three attempts executed by the player.

2-6 Recreational activities:

After identifying some basic skills and their tests, the researcher worked on identifying the appropriate recreational activities for the skills, using scientific sources, and similar studies that dealt with recreational activities in some basic skills and in various games.

The recreational activities included (3) basic football skills that integrate with each other to achieve the program's goal, which is to develop basic football skills (passing - rolling - scoring).

The activities consisted of (10) recreational units and lasted for five weeks, with two recreational units per week, and the time of each unit was (30) minutes.

2-5-1 The exploratory experience of the tests:

The researcher conducted the exploratory experiment on (22/12/2022) on a sample of students from the community of origin, which numbered (15) students

2-6 Tribal tests:

The tribal tests were conducted on the research sample on (29/12/2021) at exactly ten o'clock in the morning at the University of Babylon, Faculty of Physical Education and Sports Sciences

2-7 main experiment

To achieve the objectives of the scientific research, the researcher has prepared for recreational activities accompanied by games and will include (10) recreational units, with two recreational units per week, the duration of one unit (30 minutes), and the recreational units were divided into the selected skills The unit was implemented in (20) minutes from the main part (10) minutes at the end, and after the researcher has reviewed the scientific sources, and that the activities used achieve their purpose

Recreational activities were carried out on the experimental group for the period from (4/1/2022) until (9/2/2022) in the playground of the College of Physical Education and Sports Sciences - University of Babylon. The time of the recreational unit reached (30 minutes) and a variety of recreational activities were implemented in part of The main section and the closing section

2-8 post-tests:

The post tests for the experimental and control groups were conducted on (9/2/2022) and (Wednesday) for the skill tests, and the researcher was keen to follow the same procedures and similar conditions in the pre and post tests and to provide the appropriate tools and the same assistant staff.

3 Presentation, analysis and discussion of the results**3-1 Presentation and analysis of the results:****3-1-1 Presenting the results of the differences between the pre and post tests of basic football skills for the control group:**

table (6)

It shows the differences between the pre and post tests of basic football skills for the control group

T	basic skills	post test		post test		(t) computed value	Indication level	Statistical significance
		S	P	S	P			
1	Rolling	21.80	3.24	15.94	1.83	7.06	0.05	moral
2	scroll	11.23	2.39	10.52	1.30	8.29	0.05	moral
3	Scoring	5.67	2.15	8.43	0.99	7.89	0.05	moral

The researchers attribute the moral differences in the skill tests in question to the vocabulary of the curriculum used by the trainer, as the curriculum used was planned and studied according to correct scientific foundations, which led to achieving the performance effectiveness of the learners. In this way, the two researchers agree with what was indicated by (Al-Amaira 2002) "Putting the student in educational situations or atmospheres and providing an effective environment motivates him to achieve better performance, and that comes by helping him obtain information, skills and experiences in a scientifically studied and properly planned manner

In addition to the fact that the basis of the learning process for the skill aspects is the learner's acquisition of a set of skill abilities to be able to reach a good level of performance of the skill to be learned, as "Achieving and acquiring the best degrees of competence in educational situations is due to the educational curriculum because it is a way to organize the study material on the basis of gradual steps so that It can be acquired easily by the learner

3-1-2 Presenting the results of the differences between the pre and post tests of basic football skills for the experimental group:

Table (7)

It shows the differences between the pre and post tests of basic football skills for the experimental group

T	basic skills	post test		post test		(t) computed value	Indication level	Statistical significance
		S	P	S	P			
1	Rolling	19.13	2.88	13.12	1.20	7.33	0.00	moral
2	scroll	10.93	2,27	15.27	1.43	14.64	0.00	moral
3	Scoring	6.86	1.84	8.52	1.05	6.50	0.00	moral

The researchers attribute the reason for the development of the experimental group to the effectiveness of recreational activities, which aroused the learner's desire to learn the skills in question, as it raised in them a spirit of challenge and excitement for skills, as the activities included a method of implementation that simulated the motor path of skills. More complex activities that include several technical performances related to the big game under learning. The researchers also attribute the development of the dimensional skills of the experimental sample to the researchers' follow-up to the scientific foundations of sequencing from easy and difficult

3-1-3 Presenting the results of the post-test differences in basic football skills for the two experimental and control groups:

Table (8)

It shows the arithmetic means, standard deviations, the calculated (t) value and the significance of the differences for the post-test of the two experimental and control groups for basic skills.

T	basic skills	post test		post test		(t) computed value	Indication level	Statistical significance
		S	P	S	P			
1	Rolling	15.94	1.83	13.12	1.20	3.24	0.00	moral
2	scroll	12.52	1.30	15.27	1.43	3.04	0.00	moral
3	Scoring	8.43	0.99	8.52	1.05	3.17	0.00	moral

The researchers attribute the reason for the difference between the results of the two groups, but the approach followed by the researchers contributed to the development of the experimental group, despite obtaining positive results from the control group. As for the experimental group, it had the preference for obtaining a higher height in arithmetic means and a noticeable decrease in standard deviations, which is evidence that the approach

followed by the researchers took into account the scientific bases in preparing recreational activities, which were characterized by sequencing and arousing the learners' desire to develop skills, and these games also took into account the differences The individuality among the learners, which contributed to the low level of the standard deviation, and here the researchers completed the limits of their hypotheses in preparing the introductory games and knowing the extent of their impact on the experimental sample and knowing the development between the two groups and for which group was the preference

3-1 CONCLUSIONS

1-Recreational activities have a great contribution to developing the basic skills of students

2-The proposed recreational activities have a positive effect on learning basic football skills

3-2 Recommendation

1- The necessity of choosing the most appropriate recreational activities, preferably games that emphasize the participation of everyone, not to mention that they are varied and interesting, and not be restricted to a dedicated stadium, but in any place, while observing the behavior during playing.

2- Emphasis on recreational activities, because they are a multilateral activities whose philosophy aims to “form the good citizen, and its origins are based on identifying the components of society so that, it can be responde to, and related to its programs.

3- Emphasis on the practice of recreational activities and the provision of tools that can be used for practice in different places such as schools, clubs, popular stadium, universities and institutes

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